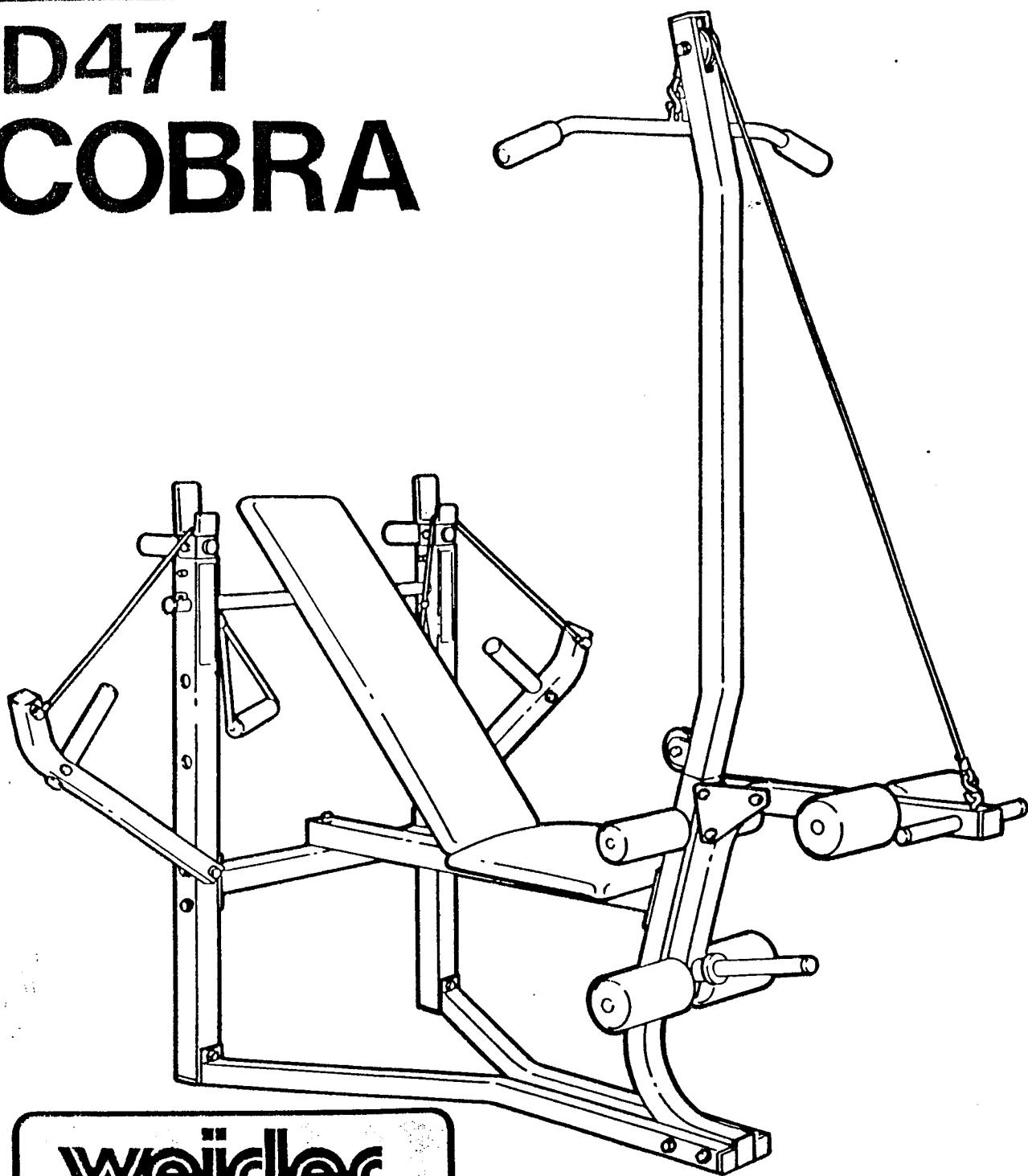


# D471 COBRA



**weider.**

## ASSEMBLY INSTRUCTIONS

## REPLACEMENT PARTS

WEIDER HEALTH AND FITNESS

21100 ERWIN STREET, WOODLAND HILLS, CA., USA 91367

## BEFORE BEGINNING ASSEMBLY READ THE FOLLOWING

THIS PRODUCT REPRESENTS THE STATE OF THE ART IN TECHNOLOGY IN HOME FITNESS EQUIPMENT. EVERY EFFORT HAS BEEN MADE TO BRING TO YOU A PRODUCT OF THE HIGHEST QUALITY AND WORKMANSHIP. WE HOPE YOU WILL FIND THIS PRODUCT BENEFICIAL TO YOUR PHYSICAL CONDITIONING AND WELL BEING.



DO NOT LET THE QUANTITY OF PARTS DISCOURAGE YOU. BY READING AND FOLLOWING THE ASSEMBLY INSTRUCTIONS, YOU WILL FIND IT GOES TOGETHER EASILY. THIS UNIT TAKES APPROXIMATELY ONE HOUR OF ASSEMBLY TIME.

### HELPFUL HINTS FOR ASSEMBLY

1. TOOLS REQUIRED FOR ASSEMBLY INCLUDE: A HAMMER, PLIERS, MEDIUM SIZE FLAT HEAD SCREWDRIVER, AND TWO "6" ADJUSTABLE WRENCHES.
2. PRIOR TO BEGINNING THE ASSEMBLY OF THIS PRODUCT WE RECOMMEND THAT YOU TAKE A FEW MINUTES TO UNPACK AND LAY OUT ALL THE PARTS SO THEY CAN BE EASILY IDENTIFIED. INCLUDED WITH THE LITERATURE OF THE UNIT IS AN ILLUSTRATED PARTS LIST TO HELP IN IDENTIFYING AND SIZING PARTS. IT IS EXTREMELY HELPFUL IF THE CONTENTS OF THE HARDWARE BAG ARE EMPTIED OUT AND LIKE PARTS GROUPED TOGETHER; I.E. 5/16" X 3" HEX HEAD BOLTS TOGETHER, ETC. A HANDY PLACE TO HOLD THE HARDWARE MIGHT BE TO USE THE INSIDE OF THE CARTON TOP. AFTER GROUPING, PARTS AGAINST THE HARDWARE ILLUSTRATIONS AND PARTS LIST TO IDENTIFY PARTS AND SIZES, WRITE THE SIZE AND PART NAME BESIDE EACH PART SO YOU KNOW EXACTLY WHICH PART TO GO TO FOR A PARTICULAR ITEM.
3. THE ASSEMBLY INSTRUCTIONS HAVE BEEN WRITTEN USING CHECK ✓ AS YOU GO ASSEMBLY METHOD. BY CHECKING THE BOXES AS YOU GO IT IS VERY EASY TO FOLLOW ALONG THE ASSEMBLY WITHOUT REREADING TO FIND YOUR PLACE IN THE ASSEMBLY.

YOU WILL ALSO NOTICE THAT AT THE BEGINNING OF EACH ASSEMBLY STEP THERE IS A HARDWARE LIST SHOWING THE QUANTITY AND DESCRIPTION OF THE HARDWARE REQUIRED TO DO ALL ASSEMBLIES IN THAT STEP. BY PRE-SELECTING THE HARDWARE FOR EACH STEP YOU WILL SAVE TIME AND CONFUSION.

4. TAKE NOTE OF ANY SPECIAL WARNINGS, CAUTIONS, NOTES OR NOTICES. LAY OUT UNASSEMBLED PARTS: FAMILIARIZE YOURSELF WITH THE DRAWINGS THEN READ AND UNDERSTAND THE INSTRUCTIONS THOROUGHLY.
5. THIS PRODUCT MUST BE ASSEMBLED BY AN ADULT PRIOR TO USE.
6. DO NOT DESTROY THE PACKING AND CARTON UNTIL THE UNIT IS COMPLETELY ASSEMBLED.
7. DO NOT DESTROY THE INSTRUCTION MANUAL, USE IT FOR ORDERING REPLACEMENT PARTS.
8. TO HELP SECURE PLASTIC CAPS IN TUBING IT IS ADVISABLE TO GLUE ON ALL PLASTIC CAPS DURING ASSEMBLY USING ANY HOUSEHOLD TYPE GLUE.
9. PERIODICALLY CHECK THE UNIT FOR BOLT TIGHTNESS AND PARTS WEAR TO INSURE THAT YOUR EQUIPMENT IS KEPT IN TOP CONDITION.

D471

## PARTS LIST

11-21-90

DIAGRAM NO	PART NAME	QTY	ORDERING NO
1	UPRIGHT	2	C0294-D36
2	DIP BAR	2	C0292-D34
3	FOAM GRIP	4	C0417-B05
4	CROSS MEMBER	1	C0291-D34
5	MAIN FRAME	1	C2115-D34
6	BASE (RIGHT)	1	C2116-D34
7	BASE (LEFT)	1	C2117-D34
8	FRONT SUPPORT	1	C2118-D34
9	LONG ANGLE IRON	2	C6242-D34
10	BACKREST	1	C1328-D36
11	SEAT	1	C1329-D36
12	WEIGHT HOLDER BRACKET	4	C0278-D21
13	LEG CURL	1	C2119-D34
14	LEG CURL BRACKET	2	C2120-D34
15	WEIGHT PIN	1	C6228-C19
16	PAD BAR 3/4" X 16"	3	C6100-A12
17	FOAM PAD 2 1/2" X 7"	2	C0426-A14
18	FOAM PAD 3 1/2" X 7"	4	C0427-A14
19	WEIGHT BAR 1" X 14"	1	C6309-D34
20	BACKREST ADJ BAR	1	C6238-D14
21	SEAT SUPPORT BRACKET	2	C2121-D34
22	FLY ARM	2	C0280-D20
23	PIVOT TUBE	2	C0281-D20
24	WEIGHT STACK PIN 1" X 10"	2	C6307-D34
25	FLY ARM ROPE 28" LONG	2	C6241-D20
26	DUMBBELL HANDLE	2	AA-8119
27	MAST	1	C6244-D34
30	LAT BAR	1	C6803-D35
31	MAST ROPE	1	C6608-D36
32	LAT BAR ROPE	1	C6607-D36
33	ARM CURL PAD	1	C1325-D34
34	ARM CURL BRACKET	2	C6245-D34
35	ADJUSTABLE UPRIGHT	2	C0295-D36
36	<u>DIP BAR DON'T NEED</u>	2	<u>C0296-D36</u>
	HARDWARE BAG (BOLTS & NUTS)	1	C5867-D36
	HARDWARE BAG (PLASTICS, PINS & FOAM PADS)	1	C5868-D36
40	5/16"-18 X 2 3/4" HEX HEAD BOLT	13	HH-5058
41	5/16" FLAT WASHER	19	HH-5127
42	5/16" LOCK NUT	25	HH-5012
44	5/16"-18 X 5 1/2" HEX HEAD BOLT	2	HH-5295
45	SPACER 1 5/8" LONG	1	HH-5279

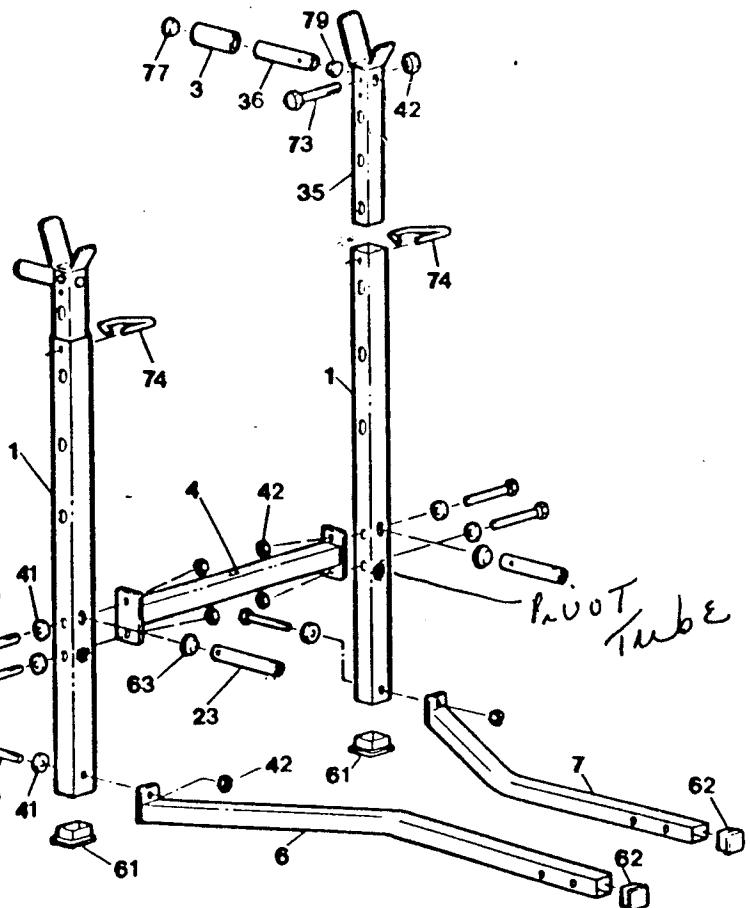
DIAGRAM NO	PART NAME	QTY	ORDERING NO
46	5/16"-18 X 4 1/2" HEX HEAD BOLT	1	HH-5316
47	1/4"-20 X 3/4" SLOT HEAD SCREW	8	HH-5022
48	5/16"-18 X 5" HEX HEAD BOLT	1	HH-5328
49	1" SPACER	2	HH-5283
50	1/4"-20 X 2 3/4" SLOT HEAD SCREW	1	HH-5326
51	5/16"-18 X 1 3/4" HEX HEAD BOLT	2	HH-5301
52	3/4" METAL FERRULE	10	HH-5259
53	5/16"-18 X 2 1/2" HEX HEAD BOLT	2	HH-5053
54	3/8"-16 X 2 1/2" HEX HEAD BOLT	1	HH-5018
55	3/8"-16 X 1 1/2" HEX HEAD BOLT	1	HH-5068
56	3/8" FLAT WASHER	2	HH-5265
57	3/8" LOCK NUT	2	HH-5088
58	5/8" SPACER BUSHING	2	HH-5327
59	"S" HOOK	2	WW-7030
60	5/16" EYELET BOLT	2	HH-5325
61	2" SQUARE PLASTIC CAP	6	AA-8002
62	1 1/2" SQUARE PLASTIC CAP	4	AA-8001
63	7/8" ROUND PLASTIC CAP	2	AA-8088
64	1" ROUND PLASTIC CAP	10	AA-8005
65	PLASTIC BUSHING	1	AA-8112
66	3/4" ROUND PLASTIC CAP	6	AA-8004
67	2" LONG PLASTIC BUSHING	2	AA-8091
68	4" DIAMETER PULLEY	1	AA-8122
69	3" DIAMETER PULLEY	1	AA-8126
70	STOPPER PIN	2	WW-7038
72	ROUND RUBBER BUMPER	2	AA-8016
73	5/16"-18 X 2" HEX HEAD BOLT	2	HH-5054
74	LOCKING PIN	2	WW-7034
75	UPRIGHT DECAL	1	DE-4152
76	MAST DECAL	1	DE-4099
77	1" ROUND COVER CAP (9-1)	2	AA-8093
78	5/16"-18 ACORN NUT	1	HH-5298
79	1" ROUND PLASTIC CAP (119-1)	1	AA-8127-X
	ASSEMBLY MANUAL	1	CNN-1115
	TRAINING MANUAL	1	CNN-1094

## STEP 1 UPRIGHT & BASE ASSEMBLY

### HARDWARE

PART NAME	QTY
40 5/16" X 2 3/4" HEX HEAD BOLT	6
41 5/16" FLAT WASHER	6
42 5/16" LOCK NUT	8
63 7/8" ROUND PLASTIC CAP	2
62 1 1/2" SQUARE PLASTIC CAP	2
61 2" SQUARE PLASTIC CAP	2
73 5/16" X 2" HEX HEAD BOLT	2
77 1" ROUND PLASTIC COVER CAP (9-1)	2
79 1" ROUND PLASTIC CAP (119-1)	2
74 LOCKING PIN	2

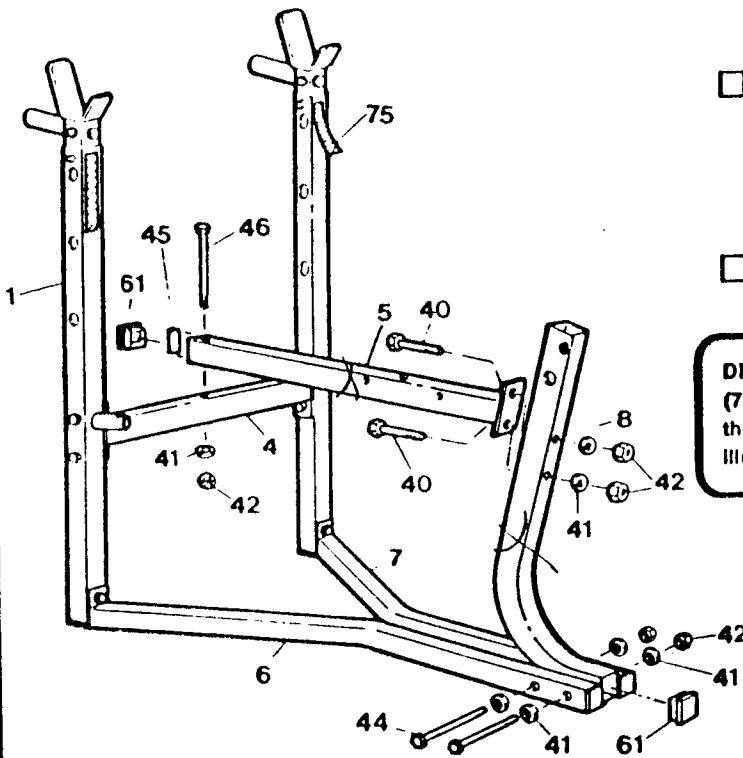
- Insert 2" SQUARE PLASTIC CAP (61) into bottom end of UPRIGHTS (1).
- Press 7/8" ROUND PLASTIC CAPS (63) into end of PIVOT TUBE (23) that will be inserted into UPRIGHT (1). Assemble PIVOT TUBE (23) into large lower hole in UPRIGHTS (1) aligning bolt holes.
- Position CROSMEMBER (4) between UPRIGHTS (1) and bolt together using 5/16" X 2 3/4" HEX HEAD BOLTS (40), 5/16" FLAT WASHERS (41), and 5/16" LOCK NUTS (42). The upper bolt on each Upright will be bolting through UPRIGHT (1), PIVOT TUBE (23), and the bracket on CROSMEMBER (4).
- Insert 1 1/2" SQUARE PLASTIC CAPS (62) into end of FRAME BASES (6) and (7). Bolt FRAME BASES (6) and (7) to UPRIGHTS (1) using 5/16" X 2 3/4" HEX HEAD BOLTS (40), 5/16" FLAT WASHERS (41), and 5/16" LOCK NUTS (42).
- Assemble 1" ROUND PLASTIC COVER CAPS (9-1) (77) THIS IS THE CAP THAT READS 9-1 INSIDE THE CAP onto end of DIP BAR (36) that does not have a drilled hole. Assemble FOAM GRIP (3) onto same end of Dip Bar but starting on opposite end and sliding all the way up to the Cap that was just assembled (This assembly can be aided by the use of liquid dish detergent as a lubricant). Insert 1" ROUND PLASTIC CAPS (119-1) (79) THIS IS THE CAP THAT READS 119-1 INSIDE THE CAP into opposite end of Dip Bar. Assemble DIP BAR (36) through the top hole of ADJUSTABLE UPRIGHT (35). Align bolt holes and secure with 5/16" X 2" HEX HEAD BOLT (73) and 5/16" LOCK NUT (42). Slide entire assembly into UPRIGHT (1) using LOCKING PIN (74) to lock the Adjustable Uprights in place.



## STEP 2 MAIN FRAME ASSEMBLY

### HARDWARE

PART NAME	QTY
40 5/16" X 2 3/4" HEX HEAD BOLT	2
46 5/16" X 4 1/2" HEX HEAD BOLT	1
44 5/16" X 5 1/2" HEX HEAD BOLT	2
41 5/16" FLAT WASHER	7
42 5/16" LOCK NUT	5
45 SPACER 1 5/8" LONG	1
61 2" SQUARE PLASTIC CAP	2
64 1" ROUND PLASTIC CAP	2



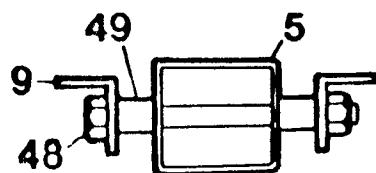
- Assemble FRONT SUPPORT (8) to BASE FRAMES (6) and (7) using 5/16" X 5 1/2" HEX HEAD BOLTS (44), 5/16" FLAT WASHERS (41), and 5/16" LOCK NUTS (42).
- Press 2" SQUARE PLASTIC CAP (61) into base end of FRONT SUPPORT (8).
- Bolt MAIN FRAME (5) to FRONT SUPPORT (8) with 5/16" X 2 3/4" HEX HEAD BOLTS (40), 5/16" FLAT WASHERS (41), and 5/16" LOCK NUTS (42).
- Insert SPACER 1 5/8" LONG (45) into end of MAIN FRAME (5) and position with bolt holes. Bolt MAIN FRAME (5) to UPRIGHT CROSMEMBER (4) using 5/16" X 4 1/2" HEX HEAD BOLT (46), 5/16" FLAT WASHER (41), and 5/16" LOCK NUT (42).
- Cap Main Frame Tube with 2" SQUARE PLASTIC CAP (61).

**DECALS:** Remove backing sheet from UPRIGHT DECALS (75) and adhere to UPRIGHTS (1) approximately 1/2" from the top of the Upright Tube in the position shown in the illustration.

### STEP 3 SEAT & BACKREST ASSEMBLY

#### HARDWARE

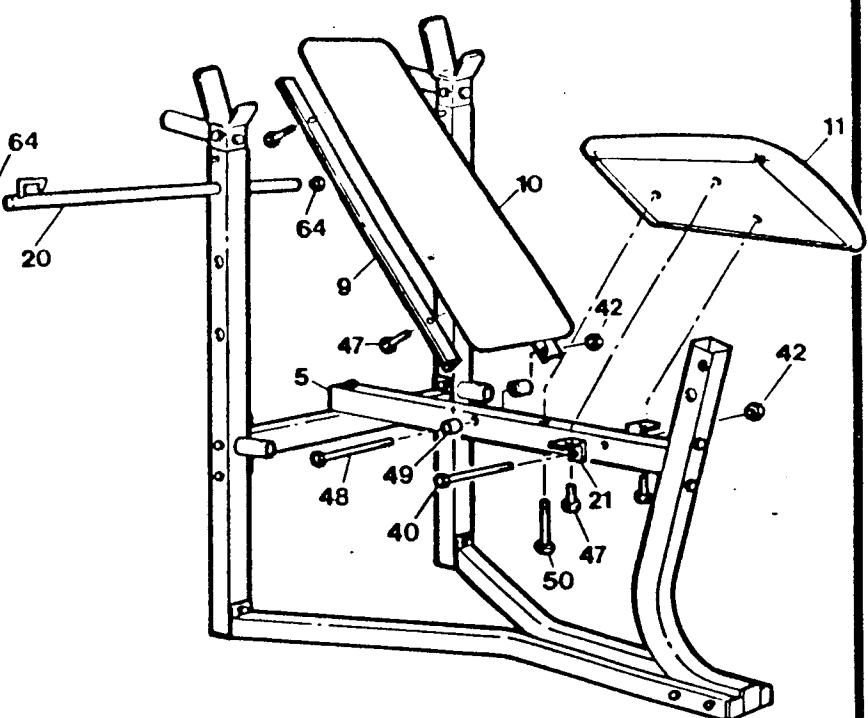
PART NAME	QTY
47 1/4" X 3/4" SLOT HEAD SCREW	6
50 1/4" X 2 3/4" SLOT HEAD SCREW	1
40 5/16" X 2 3/4" HEX HEAD BOLT	1
48 5/16" X 5" HEX HEAD BOLT	1
42 5/16" LOCK NUT	2
49 1" SPACER	2
64 1" ROUND PLASTIC CAP	2



- Insert 1" ROUND PLASTIC CAPS (64) into each end of BACKREST ADJ BAR (20) and assemble into one of the hole patterns on UPRIGHTS (1). The Backrest Adj Bar is used to adjust the height of the Backrest.
- BACKREST: Assemble both LONG ANGLE IRONS (9) to top of BACKREST (10) using 1/4" X 3/4" SLOT HEAD SCREWS (47). The flat side of the LONG ANGLE IRONS (9) must face to the inside of the Backrest as illustrated. **DO NOT TIGHTEN THESE SCREWS COMPLETELY!**
- Spread LONG ANGLE IRONS (9) apart and assemble to MAIN FRAME (5) by inserting 5/16" X 5" HEX HEAD BOLT (48) first through one LONG ANGLE IRON (9) then a 1" SPACER (49), the MAIN FRAME (5), and a second 1" SPACER (49).
- Close Angle Irons passing the bolt through the second Long Angle Iron and secure assembly with 5/16" LOCK NUT (42). SEE DETAIL INSERT! Secure the lower end of LONG ANGLE IRONS (9) to BACKREST (10) using two more 1/4" X 3/4" SLOT HEAD SCREWS (47) and tighten all screws securely.

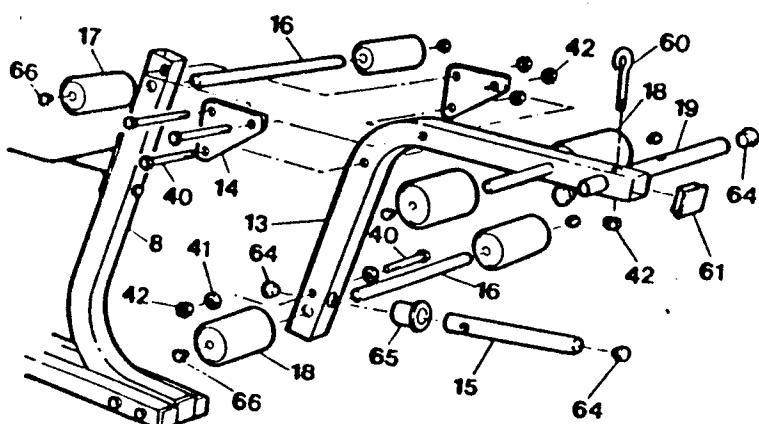
- SEAT: Bolt SEAT BRACKETS (21) to MAIN FRAME (5) using 5/16" X 2 3/4" HEX HEAD BOLT (40) and 5/16" LOCK NUT (42).

- Bolt front of SEAT (11) to SEAT SUPPORT BRACKETS (21) using 1/4" X 3/4" SLOT HEAD SCREWS (47). Bolt rear of SEAT (11) to MAIN FRAME (5) using 1/4" X 2 3/4" SLOT HEAD SCREW (50).



#### STEP 4 LEG CURL ASSEMBLY

##### HARDWARE



PART NAME	QTY
40 5/16" X 2 3/4" HEX HEAD BOLT	4
41 5/16" FLAT WASHER	2
42 5/16" LOCK NUT	5
66 3/4" ROUND PLASTIC CAP	6
64 1" ROUND PLASTIC CAP	4
61 2" SQUARE PLASTIC CAP	1
65 PLASTIC BUSHING	1
60 5/16" EYELET BOLT	1

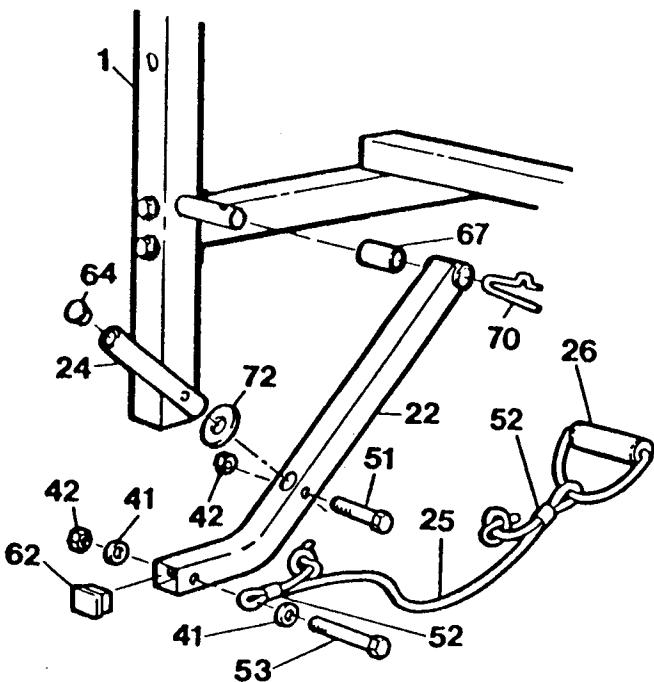
- Loosely bolt LEG CURL BRACKETS (14) to LEG CURL (13) with 5/16" X 2 3/4" HEX HEAD BOLT (40) and 5/16" LOCK NUT (42).
- Align this assembly with the welded tube in FRONT SUPPORT (8) and secure with 5/16" X 2 3/4" HEX HEAD BOLT (40) and 5/16" LOCK NUT (42).
- Tighten all bolts securely but leave the Pivot Bolt a little less than tight so the Leg Curl can move freely.

- Fasten WEIGHT PIN (15) to LEG CURL(13) using 5/16" X 2 3/4" HEX HEAD BOLT (40), 5/16" FLAT WASHERS (41), and 5/16" LOCK NUT (42). Slide PLASTIC BUSHING (65) over WEIGHT PIN (15) (flared side out) and cap each end of WEIGHT PIN (15) with 1" ROUND PLASTIC CAP (64).
- Cap end of LEG CURL (13) with 2" SQUARE PLASTIC CAP (61).
- Assemble 3/4" ROUND PLASTIC CAPS (66) into both ends of all PAD BARS (16).
- Assemble 2 1/2" X 7" FOAM PAD (17) onto one side of PAD BAR (16) and slide it through the Pad Bar Hole in FRONT SUPPORT (8). Slide second 2 1/2" X 7" FOAM PAD (17) onto other end. (NOTE: Using a small amount of liquid dish detergent applied along the Pad Bar end will make this assembly easier and will also act as an adhesive for the Pads when it has dried.)
- Follow the same assembly procedure and assemble the 3 1/2" X 7" FOAM PADS (18) to remaining Pad Bars and assemble them to LEG CURL (13).
- Cap each end of WEIGHT BAR (19) with 1" ROUND PLASTIC CAPS (64). Center WEIGHT BAR (19) in large hole on end of LEG CURL (13). Secure with 5/16" EYELET BOLT (60) and 5/16" LOCK NUT (42).

## STEP 5 BUTTERFLY ASSEMBLY

### HARDWARE

PART NAME	QTY
51 5/16" X 1 3/4" HEX HEAD BOLT	2
53 5/16" X 2 1/2" HEX HEAD BOLT	2
41 5/16" FLAT WASHER	4
42 5/16" LOCK NUT	4
52 3/4" METAL FERRULE	4
64 1" ROUND PLASTIC CAP	2
62 1 1/2" SQUARE PLASTIC CAP	2
67 2" LONG PLASTIC BUSHING	2
70 STOPPER PIN	2
72 ROUND RUBBER BUMPER	2

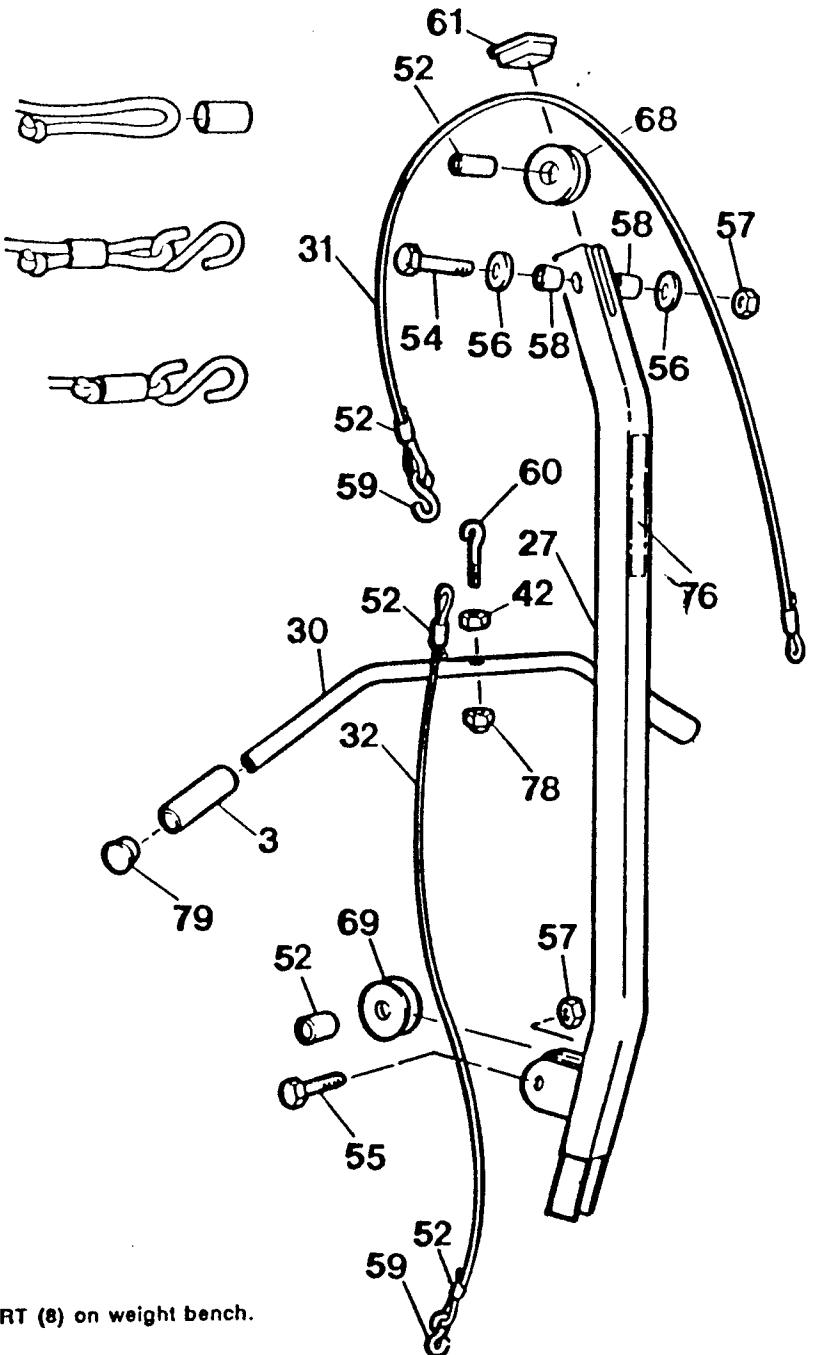


- Press 2" PLASTIC BUSHING (67) into Round Tube at the end of FLY ARM (22). Slide Fly Arm over Pivot Tube and secure in place by inserting STOPPER PIN (70) into Pivot Tube so that tab on Stopper Pin snaps into locating hole in Pivot Tube.
- Press 1" ROUND PLASTIC CAP (64) into end of 10" WEIGHT PIN (24) and fasten to FLY ARM (22) using 5/16" X 1 3/4" HEX HEAD BOLT (51) and 5/16" LOCK NUT (42). Slide on a ROUND RUBBER BUMPER (72).
- Form loop on end of 28" BUTTERFLY ROPE (25) by doubling over the rope and passing it through a 3/4" METAL FERRULE (52). Tie a knot in the end of the rope and pull it tight against the Ferrule. Fasten the rope to the BUTTERFLY ARM (22) using a 5/16" X 2 1/2" HEX HEAD BOLT (53), 5/16" FLAT WASHERS (41), and 5/16" LOCK NUT (42) so that the rope is trapped between the Flat Washer and the Butterfly Arm. Draw rope loop tightly around bolt and tighten to hold rope in place.
- Insert other end of BUTTERFLY ROPE (25) through another 3/4" METAL FERRULE (52) and around mid point of rope on DUMBBELL HANDLE (26). Pass rope back through Ferrule and secure rope end by knotting. Draw rope tightly around Dumbbell Handle.
- Insert 1 1/2" SQUARE PLASTIC CAP (62) into end of BUTTERFLY ARM (22).

## STEP 6 MAST ASSEMBLY

### HARDWARE

PART NAME	QTY
42 5/16" LOCK NUT	1
55 3/8" X 1 1/2" HEX HEAD BOLT	1
54 3/8" X 2 1/2" HEX HEAD BOLT	1
56 3/8" FLAT WASHER	2
57 3/8" LOCK NUT	2
52 3/4" METAL FERRULE	6
58 5/8" SPACER BUSHING	2
59 "S" HOOK	2
61 2" SQUARE PLASTIC CAP	1
79 1" ROUND PLASTIC CAP (119-1)	2
60 5/16" EYELET BOLT	1
78 5/16" ACORN NUT	1



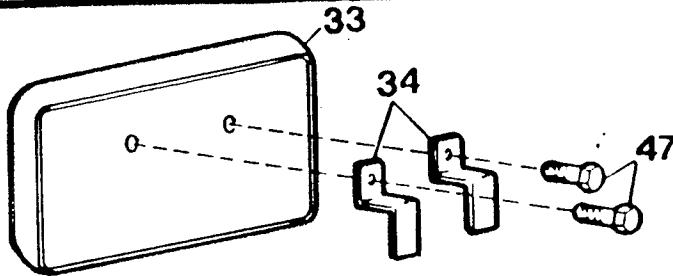
- Knot ends of **MAST ROPE** (31) and prepare a loop in each end. Insert loops through **3/4" METAL FERRULES** (52).
- Insert **3/4" METAL FERRULE** (52) into **4" PULLEY** (68). Position Pulley assembly in slot in the top of **MAST** (27) aligning bolt holes. Place a **3/8" FLAT WASHER** (56) and **5/8" SPACER BUSHING** (58) onto a **3/8" X 2 1/2" HEX HEAD BOLT** (54) and insert Bolt and Spacer through **MAST** (27) and **4" PULLEY** (68). Slide another **5/8" PULLEY SPACER BUSHING** (58) and **3/8" FLAT WASHER** (56) over Bolt and secure with a **3/8" LOCK NUT** (57). Drape **MAST ROPE** (31) over **4" PULLEY** (68) and hook **"S" HOOK** (59) to rear looped end of **MAST ROPE** (31) and draw rope tightly around hook. Cap **MAST TUBE** (27) with **2" SQUARE PLASTIC CAP** (61).
- Assemble Lat Mast Assembly into **FRONT SUPPORT** (8) on weight bench.
- Insert a **3/4" METAL FERRULE** (52) into lower **3" PULLEY** (69).
- Insert **LAT BAR ROPE** (32), between **3" PULLEY** (69) and Pulley Bracket and prepare looped ends in rope as previously done for Mast Rope. Secure **3" PULLEY** with **3/8" X 1 1/2" HEX HEAD BOLT** (55) and **3/8" LOCK NUT** (57). Draw Rope around another **"S" HOOK** (59) at the lower end of Rope.
- Press **1" ROUND PLASTIC CAPS** (119-1) (79) THIS IS THE CAP THAT READS 119-1 INSIDE THE CAP into each end of **LAT BAR** (30) and slide on **FOAM GRIPS** (3) using a small amount of liquid dish detergent to aide as a lubricant. Assemble **5/16" LOCK NUT** (42) onto **5/16" EYELET BOLT** (60) making sure to thread nut all the way to the top of the threads. Assemble **5/16" EYELET BOLT** (60) into the hole in the center of **LAT BAR** (30) and secure with **5/16" ACORN NUT** (78). Refer to following pages as to instruction of use of Lat Bar.

**DECAL:** Apply the **MAST DECAL** (76) to the front of the Mast Tube in the approximate position shown in the illustration.

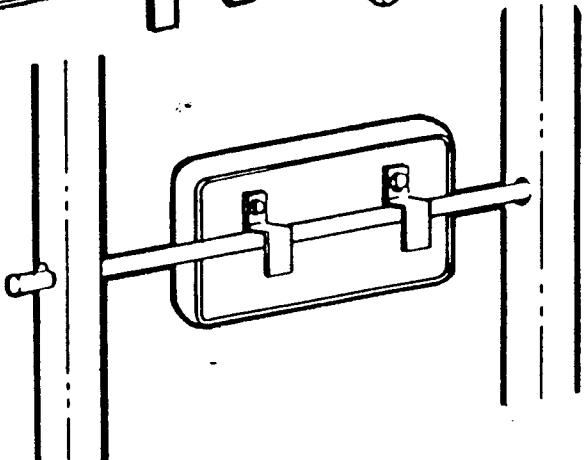
## STEP 7 ARM CURL PAD

### HARDWARE

PART NAME	QTY
47 1 1/4" X 3/4" SLOT HEAD SCREW	2



- Assemble ARM CURL BRACKETS (34) to ARM CURL PAD (33) using 1/4" X 3/4" SLOT HEAD SCREWS (47).
- To use Arm Curl, hook S-BRACKETS (34) over BACKREST ADJ BAR (20).



## USING MAST ASSEMBLY

### STEP 1 ROWING AND CURLS

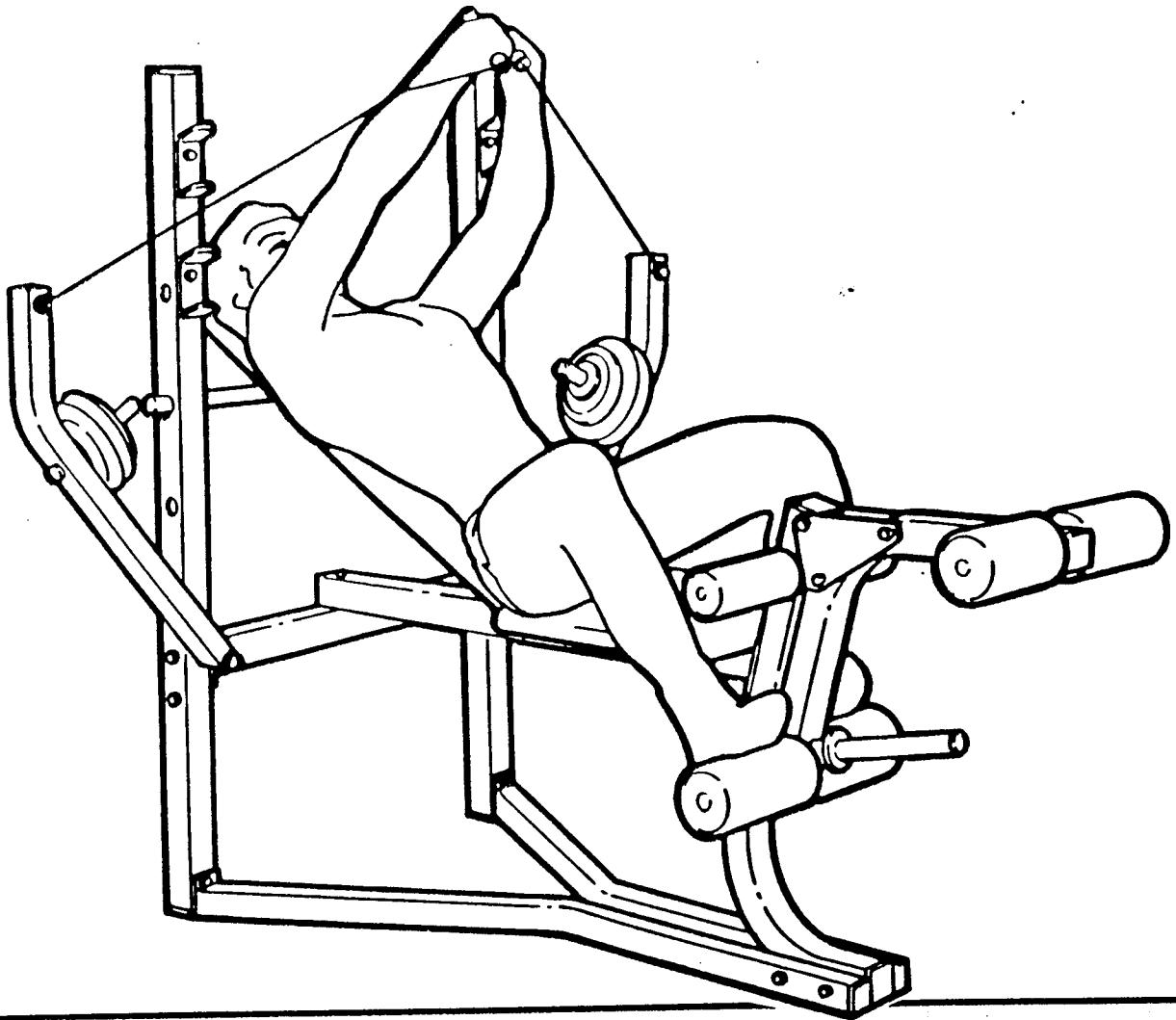
Insert Mast Assembly into Front Support. Connect loop on Mast Cable into Eyelet Bolt on end of Leg Curl. Connect "S" Hook end of Mast Cable to loop end of Lat Bar Rope and then to Lat Bar. With this configuration Rowing and Curl Exercises may be performed. Free weights can be loaded on either or both the Weight Pin or the Weight Bar.

### STEP 2 LAT PULL DOWNS

To do Lat Work; either sitting or standing, connect Lat Bar directly to "S" Hook end of Mast Cable. Load weight on either the Leg Curl Weight Pin or the Weight Bar.

## USING DIP BARS

It is recommended that weight should be added to the front of the bench to insure the bench will not tip backward while exercising. This can be achieved by loading free weights onto the Weight Bar or simply laying a weighted barbell across the Seat. We suggest loading on at least 50 pounds of weights or more, depending on the person's weight and type of workout.



### CROSSOVER BUTTERFLY EXERCISE:

EXTEND YOUR ARMS OUT TO THE SIDE AND GRASP BUTTERFLY HANDLES. WITH ARMS SLIGHTLY BENT, BRING HANDS TOGETHER AT ABOUT CHEST HEIGHT. SLOWLY EXTEND ARMS BACK OUT TO THE SIDE AND LOWER BUTTERFLIES UNTIL THEY ALMOST TOUCH THE GROUND.

REPEAT THIS PROCEDURE WITH SLOW, SMOOTH MOTION TO MAXIMIZE BENEFITS.

A VARIATION OF THIS EXERCISE IS TO LET YOUR HANDS CROSS OVER ONE ANOTHER TO LENGTHEN THE STROKE.

TAKE CAUTION TO NOT LET WEIGHT BANG AGAINST UPRIGHTS.

## **REPAIR PARTS AND SERVICE**

### **IMPORTANT**

#### **BEFORE CALLING THE 800 NUMBER**

**IN ORDER TO RECEIVE SERVICE ON THIS PRODUCT YOU WILL HAVE TO FIRST SEND IN  
YOUR WARRANTY CARD**

### **CUSTOMER SERVICE 1-800-225-0653**

ALL OF THE PARTS FOR THE WEIGHTBENCH CAN BE ORDERED FROM WEIDER HEALTH AND FITNESS, PARTS SERVICE DEPT., 900 WEST ST JOHN ST OLNEY, IL. 62450. WHEN ORDERING, PARTS WILL BE SENT AND BILLED AT THE CURRENT PRICES. PRICES MAY BE SUBJECT TO CHANGE WITHOUT NOTICE. STANDARD HARDWARE ITEMS ARE AVAILABLE AT LOCAL HARDWARE STORES.

**TO OBTAIN PARTS DO NOT GO BACK TO THE STORE WHERE YOU  
PURCHASED THIS UNIT**

ALWAYS INCLUDE THE FOLLOWING INFORMATION WHEN ORDERING PARTS:  
MODEL NO.      NAME OF PART      ORDERING NUMBER

### **WARNING**

#### **CONSULT YOUR PHYSICIAN**

CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BY YOUR PHYSICIAN BEFORE YOU ENTER ANY EXERCISE PROGRAM.

FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION. CHILDREN AND HANDICAPPED PERSONS SHOULD NOT USE ANY EXERCISE EQUIPMENT WITHOUT A QUALIFIED PERSON IN ATTENDANCE.

#### **TRAIN WITH A PARTNER**

IT IS RECOMMENDED THAT AN INDIVIDUAL SHOULD NOT WORK OUT WITHOUT A TRAINING PARTNER IN ATTENDANCE. SET UP YOUR PROGRAM TO ACCOMMODATE TWO PEOPLE AND YOU WILL BE HIGHLY MOTIVATED.

# D471 HARDWARE ILLUSTRATION SHEET



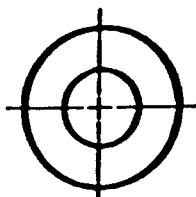
3/8" HEX HEAD BOLT

54 55



3/8" LOCK NUT

57



3/8" FLAT WASHER

56



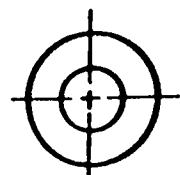
5/16" HEX HEAD BOLT

40 43 44 46 48 51 53 73



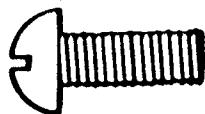
5/16" LOCK NUT

42



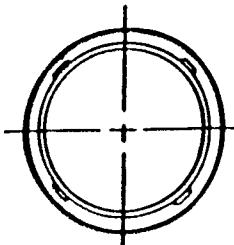
5/16" FLAT WASHER

41



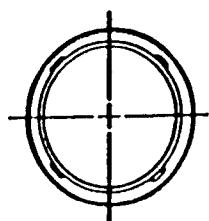
1/4" SLOT HEAD SCREW

50



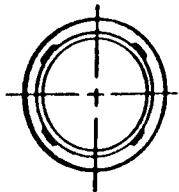
1" ROUND  
PLASTIC CAP

64



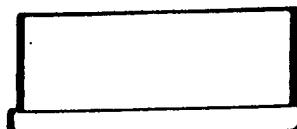
7/8" ROUND  
PLASTIC CAP

63



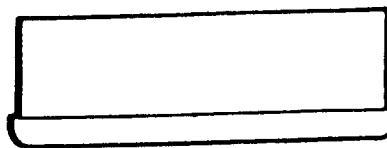
3/4" ROUND  
PLASTIC CAP

66



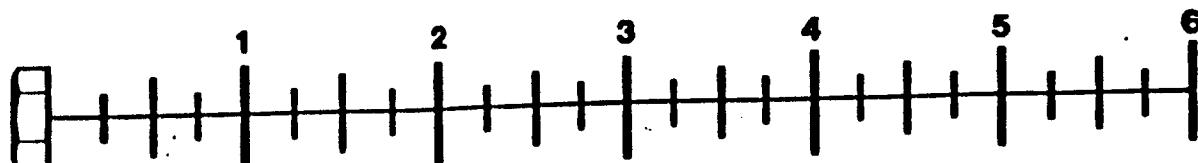
1 1/2" SQUARE PLASTIC CAP

62



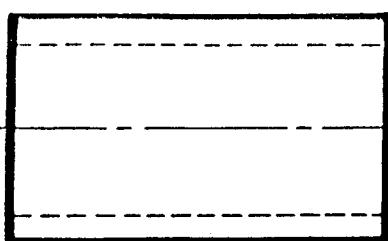
2" SQUARE PLASTIC CAP

61



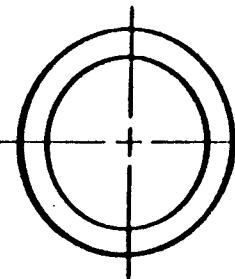
BOLT LENGTH SCALE

D471 HARDWARE ILLUSTRATION SHEET



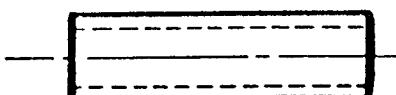
2" LONG PLASTIC BUSHING

67



3/4" METAL FERRULE

52



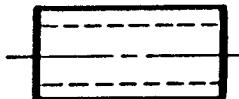
1 5/8" SPACER

45



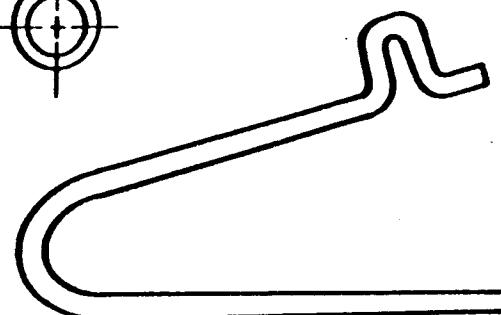
5/8" SPACER BUSHING

58



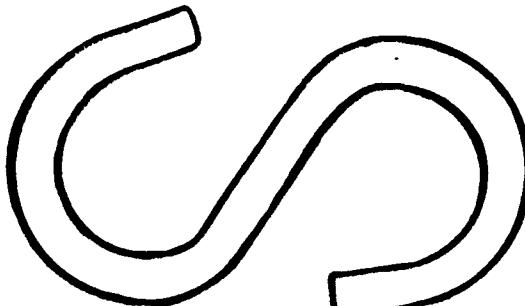
1" SPACER

49



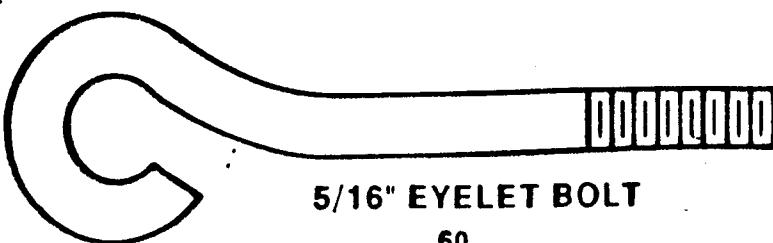
STOPPER PIN

70



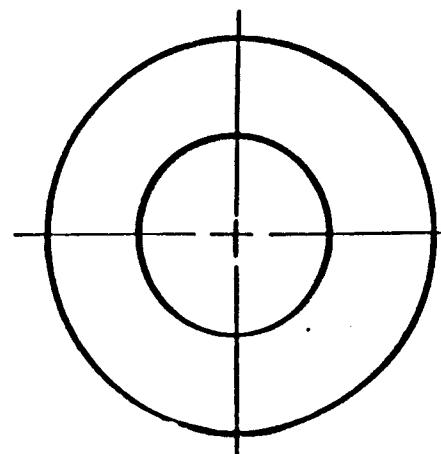
"S" HOOK

59



5/16" EYELET BOLT

60



ROUND RUBBER BUMPER

72